

2001 California Children's Healthy Eating and Exercise Practices Survey

Table 7: Range in Number of Servings of Fruits and Vegetables Consumed by California Children per Typical Weekday for All Eating Occasions (Diary Sample)

How many servings of each (fruits, vegetables, 100% juices (vegetable or fruit), salads) did your child eat/drink in this category?

	Servings of Fruits and Vegetables, Percent			
	0 ¹	1-2	3-4	5+
Total	9	37	34	20
Gender				
Males	8	38	32	22
Females	9	36	37	19
Ethnicity				
White	9	35	38	18
African American	12	44	27	17
Latino	6	38	33	23
Asian/Other	13	35	29	23
Income				
≤\$19,999	6	27	33	34
\$20,000 - \$49,999	8	40	30	23
≥\$50,000	10	37	38	14
Federal Poverty Level				
≤ 185%	8	33	32	27
> 185%	9	39	36	17
Food Stamps				
Yes	8	27	26	38
No	9	37	35	19
Overweight Status				
Not at Risk	9	35	33	23
At Risk/Overweight	8	38	37	18
Physical Activity				
≥60 minutes	8	37	34	21
<60 minutes	9	37	35	19
School Breakfast				
Yes	7	24	35	34
No	9	40	34	17
School Lunch				
Yes	6	36	35	22
No	12	38	33	17
Nutrition Lesson				
Yes	8	31	39	22
No	10	43	29	18
Exercise Lesson				
Yes	7	33	38	21
No	11	43	27	19

¹ Categorized as having 0.5 servings or less.

Rows may not add up to 100% due to rounding.

A box around a group of numbers signifies that differences observed within this group are statistically significant.

Chi Square Test

* p<.05

** p<.01

*** p<.001